



Peanut Butter Banana Flax Seed Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup pillsbury best® all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup bananas ripe mashed
- ☐ 1 cup jif® omega-3 creamy peanut butter
- ☐ 0.7 cup dates chopped
- ☐ 1 large eggs
- ☐ 2 tablespoons milled flax seed
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup soy milk
- ☐ 0.8 cup sugar
- ☐ 0.8 cup walnuts chopped

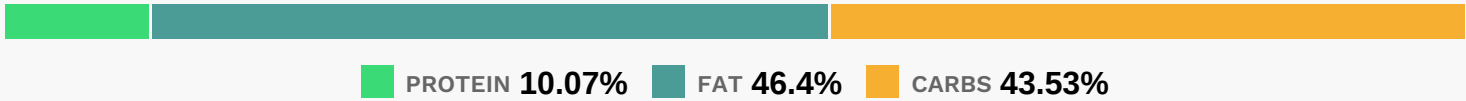
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375 degrees F. Coat 12 muffin cups with no-stick cooking spray.
- ☐ Combine flour, sugar and peanut butter in large bowl with a fork until even crumbs form. Stir in walnuts. Reserve 1 cup for topping.
- ☐ Add flax seed, baking powder and salt to flour mixture. Stir in milk, bananas and egg until evenly moistened. Stir in dates. Divide evenly in muffin cups using a heaping 1/4 cup batter each.
- ☐ Sprinkle reserved crumb mixture on top.
- ☐ Bake 28 to 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes before removing from pan.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:19.49, Inflammation Score:-4, Nutrition Score:9.6482609199441%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 311.69kcal (15.58%), Fat: 16.99g (26.14%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 32.73g (11.9%), Sugar: 21.85g (24.28%), Cholesterol: 15.5mg (5.17%), Sodium: 186.33mg (8.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.59%), Manganese: 0.72mg (36.09%), Vitamin B3: 4mg (19.99%), Magnesium: 62.23mg (15.56%), Vitamin E: 2.25mg (14.97%), Phosphorus: 140.29mg (14.03%), Copper: 0.27mg (13.72%), Folate: 53.84µg (13.46%), Fiber: 3.13g (12.51%), Vitamin B6: 0.23mg (11.33%), Vitamin B1: 0.17mg (11.29%), Selenium: 6.94µg (9.92%), Vitamin B2: 0.15mg (9.08%), Potassium: 287.78mg (8.22%), Iron: 1.4mg (7.77%), Zinc: 1.01mg (6.73%), Calcium: 57.3mg (5.73%), Vitamin B5: 0.48mg (4.8%), Vitamin C: 1.69mg (2.05%), Vitamin B12: 0.11µg (1.8%), Vitamin A: 58.54IU (1.17%), Vitamin D: 0.16µg (1.08%)